



Training Solutions, Delivered!

PROTECTING OUR SIGHT

(Concise)

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 4211
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

4211 PROTECTING OUR SIGHT (*Concise*) FACT SHEET

LENGTH: 9 MINUTES

PROGRAM SYNOPSIS:

Each and every day, our eyes provide the gateway that allows us to recognize and comprehend the world we work, live and play in. Because our vision is so crucial to almost all aspects of our daily lives, it's difficult to understand why we wouldn't protect our eyes in every instance they are at risk from hazards; yet, over 2,000 workers in North America suffer some type of eye injury requiring medical treatment every day. This program discusses the protective devices and precautions we can utilize to prevent such injuries while stressing the importance of assessing the hazards of each job task and avoiding common pitfalls that often lead to these incidents.

Topics types of eye injuries, employee responsibility to wear appropriate protection, use of safety glasses, safety goggles and face shields and eye protection required for welding and laser operations, off-job safeguards and proper response to eye injuries.

PROGRAM OBJECTIVES:

After watching the program, the viewer will be able to explain the following:

- How common workplace eye injuries occur;
- What types of safety eyewear are available and what hazards they protect against;
- How to properly respond to an eye injury.

PROGRAM OUTLINE:

BACKGROUND

- Our eyes—so important, yet so easily taken for granted. We depend on our eyes to provide us with the critical information we need to get through each day; all it takes is a quick glance from our eyes to tell us the color, size and shape of an object.
- Our eyes let us know how close an object is, whether it's standing still or moving, if it's moving toward or away from us and how fast.
- Each and every day, our eyes provide the gateway that allows us to recognize and comprehend the world we work, live and play in.
- Because our vision is so crucial to almost all aspects of our daily lives, it's difficult to understand why we wouldn't protect our eyes in every instance they are at risk from hazards; yet, over 2,000 workers in North America suffer some type of eye injury requiring medical treatment every day.

TYPES OF EYE INJURIES

- Most eye injuries result from small particles such as dust, metal slivers and wood chips striking the eye.
- Sometimes larger objects such as splinters, nails and staples penetrate the eyeball and cause permanent vision loss.
- Other industrial eye injuries include blunt force trauma to the eye or eye socket often causing hemorrhaging of the blood vessels, chemical burns resulting from the eyes being splashed by harmful chemicals and thermal and radiation burns that damage the eyes and surrounding tissue.

EMPLOYEE RESPONSIBILITY TO WEAR APPROPRIATE PROTECTION

- To prevent you from suffering an eye injury on the job, your employer will provide you with the appropriate eye and face protection anytime you may be exposed to flying particles, molten metal, liquid chemicals, acids or caustic liquids; chemical gases or vapors or potentially injurious light radiation.
- While your company provides you with these protective devices, it is your responsibility to wear the protection in each and every situation that it is required.
- Employees who take their eyesight for granted and neglect wearing protective eyewear are usually those that suffer the most severe eye injuries.

- Nearly half of all eye injuries suffered on the job occur when workers are wearing protective devices which do not provide adequate protection for the job task being performed. Make sure you always wear the appropriate eye protection for all eye hazards you may face when performing a given task.
- Also keep in mind that you must wear proper protective eyewear for a given work area even when just “passing through.” Many traumatic eye injuries are suffered by unprotected employees simply walking through a hazardous area; these injured workers wrongly assumed that since they were not performing any work that protection was not necessary.
- Before beginning any job task, you should decide if you need eye protection and what type of protection is required for the hazards at hand.
- Ask your supervisor if you have any questions about the eyewear you have chosen or if you have problems getting it to fit properly.

SAFETY GLASSES

- If you have chosen safety glasses, keep in mind that they only provide a minimum level of protection. All safety glasses should be compliant with the American National Standards Institute’s Z87 standard for protective eyewear and bear a mark which indicates compliance.
- When working in environments where objects can injure the eye by traveling around the lenses, you need more protection than that offered by standard safety glasses. Glasses with side shields or wrap around lenses should be worn in these situations.
- Also, glasses with brow bars can protect against falling objects.
- Hybrid glasses with foam or rubber around the lenses or those that convert to goggles with a plastic or rubber face seal provide even more protection.

PRESCRIPTION GLASSES & LENSES

- Keep in mind that prescription glasses are no substitute for safety glasses. They are just not designed to protect against workplace hazards and can cause greater injury if the lens shatters on impact.
- One option for employees who wear prescription glasses is safety glasses or goggles that fit over a person’s regular glasses.
- Another alternative is safety glasses with prescription lenses made of a polycarbonate or Trivex to provide the best impact protection.
- If you wear prescription glasses and have any questions about the eye protection available to you, consult your supervisor.

SAFETY GOGGLES

- When working in environments where strong impacts, dust particles or chemical splashes are a hazard, or you just feel you need more protection than regular safety glasses, then safety goggles should be worn.
- Choose goggles with venting to reduce fogging. Be sure to select goggles with indirect venting when working with liquid chemicals or fine dusts to prevent hazards from entering the eye area through the vent openings.
- Goggles with direct venting may be used to reduce fogging when working around larger particles which cannot pass through the vent openings.

FACE SHIELDS

- There are certain jobs which mandate additional protection. Often this additional protection can be found in the form of a face shield.
- Face shields are necessary when working in areas where chipping, grinding and sanding operations take place and when performing jobs where the potential for facial contact with a chemical or bloodborne pathogens exists.
- Because the curvature of a face shield can direct hazardous materials into the eyes should they get inside it, safety goggles or glasses must always be worn in conjunction with a face shield.

EYE PROTECTION FOR WELDING OPERATIONS

- Another eye hazard from which we must protect our eyes is the harmful light and radiation given off from welding and cutting operations.

- Exposure to welding and cutting light can cause welder's flash, which is a burn to the eyes and surrounding tissue. To protect yourself, choose the appropriate helmet, goggles, face shield or welding respirator when performing these types of operations.
- Welding lenses are marked with shade numbers, with 1.5 being the lightest and 14 being the darkest. You should select the darkest shade that allows adequate vision for your job.
- Be aware that lenses lose their effectiveness over time and should be changed periodically.

LASER SAFETY EYEWEAR

- Welding is not the only source of harmful radiation. The unprotected eye is extremely sensitive to laser radiation and can be permanently damaged from direct or reflected beams.
- If you work in an area which may expose you to harmful laser radiation, you must wear safety glasses or goggles with the appropriate filtering optics for the type of laser being used.
- These specs are usually located near the top of one of the lenses or frames on the glasses or goggles.
- Be aware that laser safety eyewear may not have obvious tinting and may look similar to regular safety glasses. In addition, lenses that look identical do not necessarily provide the same protection.
- If you have any questions about the appropriate protection, ask your company's Certified Laser Safety Officer or your supervisor.

OFF-JOB SAFEGUARDS

- Of course, the importance of protecting our eyes doesn't stop when we clock out from work each day. There are also safeguards we should take off the job to protect our eyesight.
- Eye protection should be worn when performing yard work such as mowing, weed and hedge trimming, spreading fertilizers and pesticides and using chainsaws or other cutting tools.
- You must protect your eyes at home just as you would at work, especially when using power tools such as saws, grinders, hammers and similar tools.
- Remember that your children learn their safe habits by watching you. Using safety equipment at home will instill safe work habits for your children also.

RESPONDING TO EYE INJURIES

- If an eye injury does occur, how you respond could mean the difference between saving or losing your vision. This is why it is so important to be ready to respond should an incident occur.
- If splashed in the eyes by a chemical, get to a wash station immediately and flush your eyes for at least 15 minutes, then seek medical attention without delay.
- You should also flush your eyes with large amounts of water if you get dust, specks or other fine particles in your eyes. See a physician if the material doesn't wash out or if pain or redness persists.
- Remember, don't rub your eye when injured or when irritated by a particle. This can only make the condition worse and may cause permanent damage.

PROTECTING OUR SIGHT (*Concise*)

ANSWERS TO THE REVIEW QUIZ

1. c

2. c

3. a

4. b

5. c

PROTECTING OUR SIGHT (Concise)
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. Most eye injuries result from _____.
 - a. Large objects penetrating the eyeball
 - b. Blunt force trauma to the eye or eye socket
 - c. Small particles striking the eye

2. Nearly _____ of all eye injuries suffered on the job occur when workers are wearing inadequate protection for the job.
 - a. A quarter
 - b. A third
 - c. Half

3. Safety glasses or goggles must always be work in conjunction with a face shield.
 - a. True
 - b. False

4. All laser safety eyewear has the same tinting and will protect against all laser radiation
 - a. True
 - b. False

5. How long should you flush your eyes with water after a chemical splash?
 - a. At least 5 minutes
 - b. At least 10 minutes
 - c. At least 15 minutes